



Lisa Walker and Penny Bramsden took part in the Surrey Mummy food waste survey, with surprising results for members.  
Picture: Steve Porter. (Ref: SA120623\_3)

## Yummy mummies save pounds by keeping an eye on food waste

MOTHERS in Guildford have joined forces to help drive a countywide cutdown on food waste by taking part in a diary campaign.

The Surrey Mummy group initially recorded the amount of food they threw away during a normal two-week period last month and followed this with two weeks of throwing away as little as possible.

When they met on Tuesday to discuss the results of their experiment, the mums found they had saved almost £50 each when compared with their normal buying habits.

Group founder Penny Bramsden, from Merrow, said: "I wanted to set a challenge to our members to discover how easy it is to save waste at home and to highlight that by doing some simple, everyday things, you can spend less on food and help the environment, too."

The challenge was set in response to figures from Love Food Surrey, which showed that Surrey County Council spends £7.6 million on disposing of food that did not need to be thrown away.

Each day, the members had to make a note of what they

threw away while making meals or clearing out cupboards, fridges and freezers.

Mother-of-three Penny added: "For me, it was quite disheartening every week to find my food waste overflowing. This is definitely going to become part of our daily lives."

"I think we've eaten more healthily and it takes a lot of stress away when you plan your shopping better."

Each month, around 5,000 parents use the Surrey Mummy website, which suggests things to do, places to eat and clubs and classes for children, as well

as providing a forum for parents.

Surrey Mummy contributor Lisa Walker from Stoughton, who also has three children, said: "We thought £50 a month sounded ambitious at first but once we started making a diary of what we threw away, we realised we could easily save just over £10 a week."

"This was by being a bit more careful and adopting some of the strategies, such as planning our shopping better, exercising portion control and using leftovers to make further meals."